



Delaware Communion is an edition of Episcopal Life and has been in continuous publication since 1976. Back copies, to 2006, can be found on our website.

DELAWARE Communion

Episcopal Life Edition

EPISCOPAL DIOCESE OF DELAWARE NOVEMBER 2009, VOL. 20, NO. 9

Parish Life Day 2009 for the Body and Soul: Learning to live a healthy lifestyle. Visit our website, www.DioceseofDelaware.net for details and to register.

ST. NICHOLAS' AND GOOD SHEPHERD

A Journey in Ministry Together

by the Rev. Elizabeth Masterson, St. Nicholas', Newark, and Good Shepherd, Glasgow



Good Shepherd and St. Nicholas' celebrated not only sharing their worship space, but the beginning of a joint Sunday school program which takes place between the two churches' services. (L-R: Avalon Scira, Nick Simons, Zachary and Hollyann Mazie, Wanda Simons, Jeff LoCastro, and Caroline Cook)

This past May, the expectation that I might drift along this summer, relaxing and completing some half-finished projects, evaporated. The vestry of St. Nicholas' and I accepted the task of sharing our church building with Good Shepherd Episcopal Church. As with most work in the church, a committee was formed to plan this transition. The Rev. Jay Angerer, lay leadership from both parishes, and I met weekly to figure out how this would happen.

By the time I attended the last Eucharist for Good Shepherd at Keene Elementary School on June 7 to invite the parish to begin worshipping at St. Nicholas', Fr. Jay had accepted a call to a parish in

New Orleans. The bishop asked me to pastor Good Shepherd as well as St. Nicholas' for a period of time until plans could be made for Good Shepherd's next step in ministry. God may have well been laughing at this point about my previous plans for a relaxing summer.

But for me this summer, joy accompanied the hard work. Before he left, Fr. Jay taught me more about managing a Power Point presentation than I ever thought I would need to know. Learning something new, despite inevitable frustrations, proved exciting. Getting to know the Good Shepherd folk happened more quickly than I expected. How friendly they have been and generous with their time as I sought to learn

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ON THE WEB

www.DioceseofDelaware.net

Integrity Chapter Forum

Recently, a small gathering of clergy and lay people from the diocese discussed issues relative to the lesbian, gay, bisexual, and transgender (LGBT) community. With the bishop's blessing, a forum has been organized on Saturday, December 12 from 10:00 a.m. to 12:00 noon, at Christ Church, Dover, to explore the possibility of forming an Integrity Chapter here in the diocese. Learn about Integrity at www.IntegrityUSA.org and get details on the forum from Jon Rania at 734-5731.

A Celtic Expedition of Poetic Proportions: A Pilgrimage to Ireland

Join Sisters Barbara Jean Brown and Julian Wilson of Anamchara Fellowship for a tour of Ireland's important Christian sites, May 7-17, 2010. For itinerary and cost, visit www.DioceseofDelaware.net or call Sr. BJ for details at 420-7117.

DEACONS

You're Invited!



Celebrate the ordination of our first class to the vocational diaconate at 1:00 p.m. on Saturday, December 5 at St. Stephen's, Harrington. Read the final two contributions to our "Journey to the Diaconate" series on pages C and D. For details, call the bishop's office at 656-5441 or visit our website at www.DioceseofDelaware.net.

A GROWING MINISTRY IN DELAWARE

Parish Health

by Crisi Morris, RN, BSN, St. Peter's, Smyrna

This past year, Bishop Wright turned a light on a vital and growing ministry in the Episcopal Church: the parish health, or parish nurse, ministry. The bishop appointed Sue Meyer, the parish nurse from St. Peter's, Lewes, as our diocesan health ministry coordinator. In this role, Sue is our liaison with the National Episcopal Health Ministries, an essential ministry in our denomination.

As diocesan coordinator, Sue also works to promote health ministries in our diocese. She hopes to link together parishes with existing health ministries and parish nurse programs. Our parish, St. Peter's, Smyrna, joined many other Delaware congregations by starting our own parish nursing program this past year.



Crisi Morris, parish nurse, and her fellow parishioners from St. Peter's, Smyrna, started a dynamic parish health program in 2008. This year they're implementing "Get My People Going," an 8-week wellness program that draws from the Exodus story.

Parish nursing is recognized as a specialty practice that combines the profession of nursing and health ministry. It emphasizes health and healing within a faith community. It is composed of four different concepts: spiritual formation, professionalism, shalom as health and wholeness, and community building, with particular sensitivity to culture and diversity.

The definition of health is beyond biological well-being.

Health is not just the absence of disease. Holistic health is scripturally based: "make man whole." This idea is rooted in Judeo-Christian tradition. It is the restoration of humans toward God's original intent: all persons have been created in the image of God and called to abundant life.

A parish nurse serves many functions: integrator of faith and health; personal health counselor; health educator;

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Wintercamp at Lake Champion

Teens will find Great Speakers, a Climbing Wall, the NEW Game Room, Basketball, Great Food, The OUTdoor Jacuzzi, Fun Music, the Snack Bar, the Zip Line, Ice Hockey on the Frozen Lake, the Ropes Course, LOTS of Laughs & TONS of New Friends! See the Youth Page!

Senior High (9-12 grade): January 29-31
Middle School (6-8 grade): March 5-7

Refreshing Our Spirit

by Wayne Wright, Bishop of the Diocese of Delaware

"God make me grateful for all the good things I usually take for granted."



Here are a couple of eye-opening, mind-opening questions that each of us should ask: What am I doing with what I have? Why do I spend so much of my time complaining about what I don't have and wishing that my life were different? All of us would like to be happy. But, too often that goal seems out of reach. What is the answer?

Jesus taught that our lives are a gift from God. As our lives unfold, incidents and occasions reveal themselves to us. Some are agreeable. Others are distressing. Some are joyous. Others are sorrowful. Some are pleasant. Others are painful.

Every day is full - often too full. Crowded schedules and competing demands make it difficult for anyone to take a longer look and be reflective about what is happening. We are just too close to the daily stuff of life. If we could slow down and see each moment more clearly - both good and bad - we would probably be astonished to discover that the good usually far outweighs the bad. But, our human tendency is to fixate on our trials and burdens. This keeps us from giving more than a thought to the pleasant and satisfying things that happen every day.

Jesus was aware of this perplexing dimension of human nature. He spoke about it in the portion of Matthew's Gospel that we call the Sermon on the Mount. "Do not worry about your life." Don't be too concerned about what you will eat or drink, or about your body and what you will wear. "Is not life more than food, and the body more than clothing? . . . Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them." What about the lilies of the field? "They neither toil nor spin, yet even Solomon in all his glory was not clothed like one of these." So do not worry, asking "What will we eat?" or "What will we wear?" Strive first for God's kingdom and God's righteousness, and all these things will be given upon you as well, the gospel tells us.

Jesus' words are a challenge to anyone who has fretted or complained about life. They are also an opportunity for each of us to renew our thinking and refresh our spirits. Simple prayers of thanksgiving are the place to begin.

Most of us have much more to be grateful for than we ever realize. There are things in life for each of us to appreciate and enjoy, but too often we don't remember to give thanks for them. We become preoccupied by our woes and discontents. We, too easily, allow our grievances to fill our minds and trou-

ble our spirits. The more we focus on life's negatives, the larger they loom. Soon we need to ask the questions: Who really is in command? Why have I let myself fall into the hands of resentment, self-pity, and unhappiness? God's goodness has not changed. What has happened to me?

Taking some intentional time each day to offer thanks for God's blessings is a necessary component of spiritual growth. As we focus on these good things and meditate on how we are blessed, changes will occur over time. Day by day the Holy Spirit will cause a thankful place in our hearts to grow. This new sense will gradually crowd out nagging unhappiness and resentment over our wants and lacks. Experience also teaches that a thankful spirit is also a resilient spirit. Guided by the light of gratitude for even small blessings, we can more easily pass through the hard times without being crushed or depressed.

It is no coincidence that the prayer we use each week to bless the Bread and Wine is called "The Great Thanksgiving." In the very best sense our Sunday worship is a "great" thanksgiving. It catches up and brings together all the daily thanksgivings that fill each life. The transformation of bread and wine into Christ's Body and Blood points us toward God's power to change our hearts and spirits.

We find ourselves with the energy and desire to touch other people's lives. It will always be far easier to be generous personally when we ourselves are feeling thankful. Over the next weeks each of us will be asked to support the Church and its ministry with gifts of time, talent, and money. When you are asked, I hope that you will remember the many reasons that each of us has for being thankful and respond with heartfelt generosity.

Wayne

New On Our Website

- Teach Your Children Well: Money Lessons Kids Need to Know Before Leaving Home
- Youth Page with a calendar of teen activities for 2009-2010.
- 30 religious leaders support President Obama's Middle East Peace Plan, including the Presiding Bishop of the Episcopal Church.
- 150 Years of Anglicans in Japan
- The Supply Clergy List
- Special Services and Music Events calendar through May, 2010. (See article at top.)
- Cycle of Prayer 2009-2010. Pray each week for a different parish.
- News and Events as announced.
- The Delaware portion of this newspaper, plus articles we didn't have room to print here.

New Listing of Special Services and Musical Events

Early in the summer, a group of Wilmington area clergy and church musicians met to brainstorm, looking to foster cooperation and improve advertising for the various Sunday afternoon services and music events offered in Delaware. We knew that members of our various parishes enjoyed visiting other congregations for Evensong, Lessons and Carols, and other special services and musical events, and we also knew that there are many more who would enjoy these services who never get the word.

This led to a request that the diocesan liturgical officer, the Rev. Edward Godden, create a common list and

explore some new ways to spread the news. The result is a listing of all known afternoon and evening services, recitals, concerts at our parishes throughout the year. (Note that the list does not include evening celebrations of the Eucharist that are more single-parish based liturgies.) The complete list is available via the News & Events page and the Home page of the diocesan website at www.DiocesefofDelaware.net.

If your parish has plans for an afternoon service or musical event in the 2009-2010 cycle, please contact Ed Godden at egodden@comcast.net, so that it can be added to the list.

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NOV. 21, 2009
St. Anne's School
Middletown

THE BISHOP'S CALENDAR: NOVEMBER

1 Sunday, Morning Visitation, Christ Church, Dover

3 Tuesday, Clergy Life Committee Meeting, St. Peter's, Smyrna

4 Wednesday, Bishop's Day in Georgetown

5 Thursday, Bishop's Group, Baltimore

8 Sunday, Morning Visitation, St. Philip's Church, Laurel

9 Monday, St. Anne's Episcopal School Board Meeting, Middletown

11 Wednesday, Morning Visitation, Christ Church Christiana Hundred Pre-School

15 Sunday, Morning Visitation, St. Paul's Church, Georgetown

16 Monday - 19 Thursday, Church Pension Fund Board Meetings, New York

21 Saturday, Parish Life Day, St. Anne's Episcopal School, Middletown

22 Sunday, Morning Visitation, St. Peter's Church, Smyrna

26 Thursday - 27 Friday, Thanksgiving Holiday, Bishop's Office Closed

29 Sunday, Morning Visitation, Church of the Nativity, New Castle

30 Monday, Executive Committee Meeting, Bishop's Office

Episcopal Life ISSN 1050-0057 USPS# 177-940 is published monthly by the Domestic and Foreign Missionary Society, Inc., 815 Second Ave, New York, NY 10017. Periodical postage paid in New York, NY and additional mailing offices.

POSTMASTER:

Send change of address to Episcopal Life, PO Box 2050 Voorhees NJ 08043-8000.

SUBSCRIPTION CHANGES: To change subscription addresses, email: elife@AFLwebPrinting.com; by phone: 800 374-9510.



DELAWARE
Communion

The Episcopal Diocese of Delaware
2020 N. Tatnall Street, Wilmington, DE 19802
302 656-5441 • www.DiocesefofDelaware.net

The *Delaware Communion* is published monthly from September to June for members and friends of the Diocese of Delaware. Jen Mason, Editor; Danny Schweers, Designer. Find us on the Web at www.DiocesefofDelaware.net. The deadline for submissions is the first day of each preceding month. Submission specifications are found on our website. Send submissions and feedback to Jen Mason at editor@DiocesefofDelaware.net, the mailing address above, or call 302 656-5443 x104. Those without Web access may obtain Web-published stories from parish offices or from the editor. Submit subscription and address changes to Carmel Stephano at the Bishop's office at CStephano@DiocesefofDelaware.net or call 302 656-5441 x100.

Coming Home to Serve the Lord

by Cecily Sawyer Harmon, Cathedral Church of St. John, Wilmington

My coming home to serve the Lord as an ordained minister has been a life-long pilgrimage. For more than thirty years I have worked as a therapist, and during this time I have worked with thousands of God's children who are in varying degrees of suffering – physically, emotionally, and spiritually. Although this work is challenging, it is a blessing and an honor to be able to walk with someone and witness their renewal, growth, and faith in themselves.



Now a candidate for Holy Orders, Cecily Sawyer-Harmon spent three and a half years in an intensive formation process with other candidates.

It was after a serious illness in the summer of 2004 that the Lord spoke to me while I was walking and praying the labyrinth. I can remember “a feeling coming over me.” It was then that I knew that the Lord was calling me to serve and take care of his children as an ordained minister. I was at Kanagua, the Episcopal retreat center in North Carolina, where I received affirmation from the clergy directing the program. I had just finished my first year of the Education for Ministry program, and had been a member of the Cathedral Women's Spirituality group for many years. That next year on November 5, 2005, 34 persons met at Christ Church, Dover, to learn about the diaconate program.

The formation process is an intensive three and a half years of work, especially with my working full time and having a small private practice. As part of our formation we were to involve our congregation in ministries. One of the primary roles of the deacon is to take the congregation to the community and to bring the needs of the community to the congregation. During the years of formation, my congregation and I

engaged in several ministries. The first was on Thanksgiving Day, as a small group of parishioners and friends of the cathedral met at Emmanuel Dining Hall to clean up after their Thanksgiving meal. Parishioners and members of the Quota Club (an 80 year old service organization in Delaware) spent a Saturday at the Kiwanis Girls Inc., reorganizing the library. I also worked with parishioners to “adopt” five families for Christmas, and I led a multi-parish youth clean-up day at Camp Arrowhead. In February, I coordinated our first ecumenical service to celebrate the lives of the Rev. Absalom Jones and Bishop

Richard Allen. It was a very rewarding and inspiring working with several Episcopal parishes and other community churches. The service was testimony to the contributions of these two great spiritual leaders and the importance of ecumenism.

I am now a candidate for Holy Orders with ordination slated for next month. I have grown and been blessed in so many ways. It is by faith and leaning on the Lord that I have come to this place. I have been called by St. Thomas's, Newark, and assigned by Bishop Wright to be the chaplain for the Episcopal Campus Ministry. It was also the work of the Holy Spirit that I was

appointed to the Episcopal Church's Commission on Ecumenical and Inter-religious Relations and that I chaired the committee at General Convention. I feel that one of my gifts is being a bridge for God's children. I will again have the opportunity to be the bridge as I work with chaplains of different faiths. I am happy and excited about my call. It is a wonderful match, as I have worked at the University for 20 years and my office is down the street from the church.

Being open to the Holy Spirit, we see that God has his plans for us. All we need do is listen, move out of the way, and follow.

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DELAWARE EVENTS

Visit www.DiocesefofDelaware.net for the latest events listings.

NOVEMBER

30 October, Friday - 1 November Sunday, **Visiting Musician: Stephen Cleobury, Director of Music at Kings College, Cambridge, Christ Church Christiana Hundred, Greenville.** Details: 655-3379.

- 7:30 Friday, organ recital;
- 10:00 a.m.-1:00 p.m., Saturday, open choir rehearsal;
- 2:00-3:00 p.m. Saturday, lecture;
- 4:00 p.m. Sunday, Evensong.

1 Sunday, 4:00 p.m., **Evensong, Christ Church Christiana Hundred, Greenville.** Details: 655-3379.

1 Sunday, 4:00 p.m., **Evensong for All Faithful Departed, Immanuel Church, Highlands, Wilmington.** Mixed choirs. Details: 658-7326.

6 Friday, 10:00 a.m. to 3:00 p.m. and 7 Saturday, 10:00 a.m. to 7:00 p.m. **St. James Church Bazaar, St. James Mill Creek, Wilmington.**

- **Visit the STAR shops:** Christmas Corner, Petals, Petal Alley, Craftily Yours, One Fine Yarn, ABC, Red Hat Corner, and Sweet Tooth.
- **Friday Lunch** from 11:00 - 1:00 p.m.
- **Saturday Turkey Dinner** seatings at 3:30, 5:00, and 6:30 p.m., reservations required. For information and reservations, please call: 994-1584.

8 Sunday, 4:00 p.m., **Evensong, Immanuel on the Green, New Castle.** Details: 328-2413.

14 Saturday, 7:00 p.m., **Evening Concert: The Sin City Band, Grace Church, Wilmington.** Details: 478-9533.

15 Sunday, 4:00 p.m., **Choral Evensong, Cathedral Church of St. John, Wilmington.** See article at right.

20 Friday - 21 Saturday, **Third Annual Distant Neighbors Festival, St. Paul's, Georgetown.** Featured are unique, beautiful and affordable gift items made by artisans who are paid a fair price for their labors, ethnic food and entertainment, door prizes, and fair trade information. Details: 856-2894 or www.StPaulsGeorgetown.org.

22 Sunday, 4:00 p.m., **Evensong for St Cecilia, Christ Church, Dover.** Details: 734-5731.

29 Sunday, 4:00 p.m., **Evensong, Christ Church Christiana Hundred, Greenville.** Details: 655-3379.

DECEMBER

See the list of special holiday services and concerts at www.DiocesefofDelaware.net.

4 Friday, 12:15 p.m., **Brown Bag Concert: Brandywiners Ltd. Chorale, Grace Church, Wilmington.** Free. Details: 478-9533.

11 Friday, 12:15 p.m., **Brown Bag Concert: Concord High School Madrigals, Chorale, and Brass Choir, Grace Church, Wilmington.** Free. Details: 478-9533.

18 Friday, 12:15 p.m., **Brown Bag Concert: Robert Welch & Friends, Grace Church, Wilmington.** Music of the season and more. Free. Details: 478-9533.

ST. ANDREW'S AND CATHEDRAL CHOIRS

Historic Choirs to Sing Together

by Anita Manning, Cathedral Church of St. John, Wilmington

Two of Delaware's historic choirs – the Choral Scholars of St. Andrew's School and the Choir of the Cathedral Church of St. John – will join voices in worship and song on November 15 at the cathedral in Wilmington.

For the first time, “we're coming together for a very special day of music making,” says Dr. Darryl Roland, director of the 126-year-old Cathedral Choir. The combined choirs will sing anthems by Bloch, Howells, Mendelssohn, and Stanford.

The choirs are unique in the state, Dr. Roland says, in that “they have given priority to the musical training of young people throughout their histories, and have thrived into the 21st century.”

About 30 students of St. Andrew's School in Middletown, founded in 1929, will join the 55-member Cathedral Choir, which includes adults and students of the Cathedral Choir School of Delaware, at a 10:30 a.m. Eucharist. The Cathedral Choir and a smaller number of St. Andrew's Honors Choral Schol-

ars will sing at Evensong at 4:00 p.m.

Both choirs follow the ancient English cathedral music tradition, using the Royal School of Church Music in America's curriculum, says Gary Harney, Director of Choral Music at St. Andrew's. They train students of all races and backgrounds, and each choir has strengths that will complement the other, he says. “I think it will be a nice sound. It will bring out the best in both groups.” The choirs haven't sung together previously because “the two groups are often working at the same time in different places,” Harney says, “so this is special, a rare opportunity.”

The services, which are open to all, offer an opportunity to hear these historic choirs sing together, and it's one Bill Hearn of Wilmington won't miss. Hearn, who attends St. Albans, was a boy chorister of the Cathedral Choir from 1934 to 1942 and sang at St. Andrew's as a student in 1944-45. He plans to attend both the Eucharist and Evensong. “I will try to sit up close to the front, so I can hear everything,” he says.

A Call to Care

by Patricia A. Malcolm, Christ Church, Dover

“Being a servant of the Servant gives me life.”

—Ormonde Plater, from *Many Servants*

A few short years ago, while sitting in the choir at Christ Church, Dover, during a baptism, I became acutely aware of the “Will you” statements in the liturgy. As our pastor Celeste Cox read, there was a stirring in my spirit, and I felt God was calling me to do something. A few weeks later, I started this journey by attending a diocesan diaconate inquiry day with Pastor Cox and our senior warden.

But my journey actually began many years before when I was working as a nurse in a nursing home in Papillion, Nebraska. Many of the residents had no visits from family or friends and no local churches came in to provide any kind of worship. I remember a lady named Hollis, sitting in her room frail and lonely. I would go to her room on my lunch break, sharing stories and praying with her. Little did I know that God was plant-



The seeds for Patricia Malcolm's focus on care and advocacy for the elderly were planted many years before her call to diaconal ministry.

ing a seed in me for my current ministry with the residents of the Heritage Assisted Living facility of Dover.

The facility had voiced a need to have a prayer service, and we formed a ministry team. Our work was simple: using the readings for the day, meeting to decide the hymns, and, after conferring with the activities director about the needs and concerns of the residents, writing the prayers of the people. We are joined by other members of the congregation who also stay for fellowship. Many of the residents do not get to go to church, so we bring the presence of the Church to them. In fact, the service has become such a mainstay for many, that a former resident has even asked to come back to attend it.

The activities director has also commended the encouragement that we provide to the residents. Recently, there have been a few deaths, and the remaining residents have found it difficult knowing they will no longer see their friends while facing their own mortality. In response, we have provided forums, giving many of the residents the opportunity to articulate their fears.

Being an advocate for the elderly is what I sense God is calling me to do, and in that role I spearheaded a campaign with our parish and two Dover Lutheran churches to raise funds for the Meals-on-Wheels program. Christ Church has also partnered with Faith in Action, which is part of the Delaware Ecumenical Council on Children and

Families. We help with chores, friendly visits, housekeeping, meal preparation, shopping, telephone reassurance, and transportation.

Through these experiences and the unit of Clinical Pastoral Education I completed for the ordination process, as well as through further prayer and discernment, I feel I am being called to hospital chaplaincy. I was accepted into Christiana Hospital's Clinical Pastoral Residency program and began my continuing education there in September.

My new diaconal ministry and its formation are rooted in the baptismal covenant: proclaiming, seeking, serving, striving for justice and peace, and respecting the dignity of every human being.

A GROWING MINISTRY IN DELAWARE

Parish Health

continued from front page (Page A)

health advocate; referral agent; volunteer coordinator; and developer of support groups.

A parish nurse also serves as part of the ministerial team and can be paid or unpaid. The parish nurse can form a health cabinet with interested people in the faith community. These people can work with the nurse to identify needs of the parish.

My role as parish nurse for St. Peter's Church in Smyrna includes maintaining our “health ministry corner.” Each month, the corner presentation changes and follows the 2009 National Health Observances. The table remains set up with information and handouts for anyone to take. I also maintain a first aid kit, write an article for our monthly newsletter, make referrals to appropriate agencies, make hospital visits, and call parishioners and professionals to follow up on issues. Our Health



Sue Meyer, parish nurse and diocesan health ministry coordinator, consults with parishioners at St. Peter's, Lewes, during coffee hour.

Cabinet, which is composed of a diverse group of parishioners interested in holistic health, decided to focus on caring for the caregiver and addictions in 2008/09. This year we're implementing “Get My People Going,” an 8-week wellness program rooted in the Exodus story that invites participants to select three areas of their lives that they want to change for a healthier lifestyle. It's an “invitation to wholeness” that encourages people to identify small changes in their lives that can help them be healthier.

Those interested in learning more about parish nursing can contact Sue Meyer (644-6691). Christiana Care Health System also runs the Basic Parish Nurse course. For more information or to register, contact LaVaida Owens-White, RN, Health Ministries Coordinator (765-4557) or Nora Katurakes, RN, MSN, OCN®, Community Health Outreach Manager (765-4161).

“Health is not the absence of disease. Health is a holistic way of living that embraces life in its fullness, including the pursuit of a healthy spiritual life and connection to God and God's people.”

—Deborah Patterson, *The Essential Parish Nurse*

ST. NICHOLAS' AND GOOD SHEPHERD

A Journey in Ministry Together

continued from front page (Page A)

how my new parish worked!

Ten minutes before our first Eucharist as pastor and people on August 2, I realized I needed to change my stole. For the 9:30 a.m. Eucharist that Sunday I wore a stole I had made for St. Nicholas', to match the green burse and veil I also made for them. Now I needed to change to be fully present as pastor of my “new” congregation. Fortunately, I have more than one green stole, so I selected another to symbolize the new relationship we were forming.

Yes, St. Nicholas' and Good Shepherd are two different congregations, but we are also “one in the Spirit.” To embrace that sharing, we scheduled a joint Sunday School kick-off picnic on September 13. We were blessed with mild, sunny weather after several rainy days. What a joy to get to make new friends—and share an end-of-summer meal: hot dogs, hamburgers, chips, and chopped fruit and veggies.

As Good Shepherd and St. Nicholas' continue their journeys in faith together for a while and then most likely separately, we need the prayers of our friends throughout the diocese. Please pray for God's blessing on both parishes. May St. Nicholas' continue to be the safe harbor that reflects the ministry of its patron saint. And may God be present in the process of discernment for Good Shepherd as it seeks continuing guidance for its life and ministry. And, yes, another committee is being formed—the Discernment Committee!



The Rev. Elizabeth Masterson changes her stole between services for St. Nicholas' and Good Shepherd, who are sharing worship space during Good Shepherd's discernment process.